



TOOTH EXTRACTION

— POST CARE GUIDE —

Take care today, heal better tomorrow! ❤️

1 IMMEDIATELY AFTER EXTRACTION



Bite firmly on the gauze for **30–60 minutes** or as instructed.



A small amount of blood-stained saliva/oozing during the first day can be normal.

Bite firmly!



Do **NOT** repeatedly spit, rinse vigorously, or disturb the socket.



Avoid touching the socket with your tongue or fingers.



Avoid smoking/tobacco and alcohol during the initial healing period; smoking increases the risk of dry socket.



2 FOOD & DRINK

- Once adequate sensation has returned, start with soft, cool/lukewarm foods.
- Avoid very hot food/drinks while the area is numb.
- Chew on the opposite side initially.
- Maintain good hydration.



Too Hot!

3 ORAL HYGIENE



- Continue brushing the other teeth normally.
- Be gentle around the extraction site.
- Follow the dentist's instructions regarding when to begin gentle rinsing.



Do not rinse vigorously or spit forcefully for the first 24 hours.



4 MEDICATION



- Take prescribed analgesics exactly as instructed.
- Antibiotics are **NOT** routinely required for every extraction. Take them only when prescribed.

5 WHAT IS NORMAL?

- Mild pain or discomfort for a few days.
- Mild swelling around the area.
- Slight bleeding or oozing for the first day.
- Bruising of the face or gums in some cases.
- Healing time varies from person to person.



6 CONTACT THE DENTIST IF



- Bleeding remains heavy despite firm pressure.
- Pain becomes severe or increases after initially improving.
- Increasing swelling, fever or pus develops.
- Difficulty swallowing or breathing occurs.
- Severe pain develops a few days after extraction – possible dry socket.



7 IMPORTANT REMINDERS



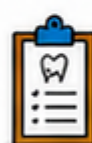
Complete the recommended treatment.



Take all medications as prescribed.



Do not smoke/tobacco – it delays healing.



Attend follow-up appointments as advised.



Good care today = healthy smile tomorrow! ❤️



SOME DISCOMFORT CAN BE PART OF HEALING.

SYMPTOMS THAT ARE SEVERE, WORSENING OR UNEXPECTED SHOULD BE REPORTED.



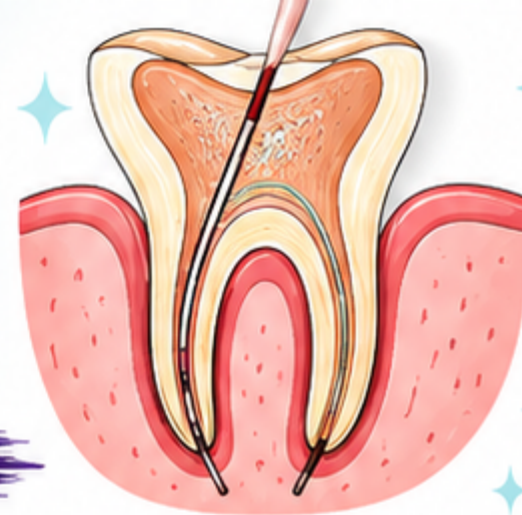
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ROOT CANAL TREATMENT

Save your tooth, save your smile! ❤️



1 IMMEDIATELY AFTER RCT

- Numbness may persist for a few hours.
- Avoid chewing until normal sensation returns to prevent biting your cheek, lip or tongue.
- Mild tenderness or sensitivity for a few days can be normal.



Some discomfort can be normal. Symptoms that are severe, worsening or unexpected should be reported.

2 PROTECT THE TOOTH

- Do **NOT** chew hard or sticky foods on the treated tooth.
- An unrestored tooth is fragile and can break.
- Get the final restoration / crown done as advised.



RCT completed + treatment completely finished.
Root canal → Temporary / Permanent restoration → Crown (if indicated)
→ Follow-up

3 ORAL HYGIENE



- Brush normally.
- Floss carefully around the treated tooth.
- Maintain excellent plaque control.



Good oral hygiene = Long lasting result!

4 DIET PREFER

- ✓ Normal diet
- ✓ Soft foods if sensitivity present
- ✓ Avoid very hot / very cold foods initially



AVOID

- ✗ Hard, crunchy or sticky foods on the treated tooth
- ✗ Extremely hot / cold items if sensitive
- ✗ Excessive sugary snacks



5 MEDICATION



- Take prescribed analgesics as instructed.
- Antibiotics are **NOT** routinely indicated after uncomplicated RCT.
- Take antibiotics only if prescribed.

6 CONTACT THE DENTIST IF



- Severe pain/pressure persists for more than a few days.
- Swelling develops.
- The bite feels high or uneven.
- Temporary filling / crown comes out.
- Previous symptoms return.



7 IMPORTANT REMINDERS



Complete the recommended treatment.



Do not delay the final restoration / crown.



Attend follow-up appointments as advised.



A well-restored tooth can function for many years!



Your care today, your healthy smile tomorrow!



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DENTAL CROWN AND BRIDGE

Complete protection for your crown and bridge,
complete care for your smile! ♥



1 After getting a crown and bridge

- Your teeth may feel slightly sensitive to hot or cold – this is normal.
- Some pressure or tenderness while biting is also normal.
- Discomfort or sensitivity will gradually reduce as you get used to it.
- If the crown or bridge feels loose, contact us immediately.



Slight sensitivity is normal, but if pain or swelling persists, don't ignore it – consult us.

2 Care for your crown and bridge

- Do not bite hard food or open packets with your teeth.
- Avoid sticky, chewy foods and hard items.
- If you grind your teeth, inform your dentist – a night guard may be advised.



With proper care, your crown and bridge can last for many years!

3 Oral Hygiene (Very Important)



- Brush twice a day with a soft-bristled toothbrush.
- Use a floss or interdental brush under the crown and bridge.
- Use antibacterial mouthwash.
- Visit your dentist regularly for professional cleaning.



Good oral hygiene = long-lasting crown and bridge!

4 Diet (Food)

Include these

- ✓ Soft, nutritious food
- ✓ Fruits and vegetables
- ✓ Dairy products
- ✓ Plenty of water



Avoid these

- ✗ Very hard, crunchy or sticky foods
- ✗ Excess sweets and carbonated drinks



5 Medications



- Take painkillers only as prescribed by your doctor.
- Do not take antibiotics without a doctor's advice.
- Complete the full course of antibiotics.

6 Contact your dentist immediately if



- You experience pain or sensitivity that lasts more than a few days.
- Swelling occurs.
- The crown or bridge feels loose.
- You notice any discomfort while biting.
- You observe any change in the crown or bridge.



7 Daily Care Checklist



Visit your dentist regularly for check-ups and professional cleaning.



Clean under the crown and bridge daily using floss or interdental brush.



Spend at least 2 minutes brushing twice a day.



With proper care, your crown and bridge can last for many years!



Take care of your smile, it takes care of you!



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DENTAL SCALING = POST-CARE =



BARDIA Dental Care

Multispeciality Dental Clinic & Implant Centre

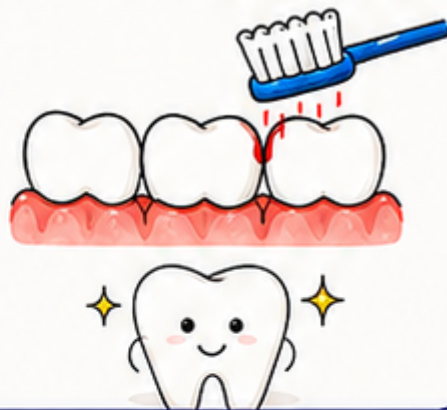
A little care today for a healthier smile tomorrow! 😊

1 WHAT IS NORMAL? - AFTER TREATMENT

- ✓ **Sensitivity is normal.**
Teeth sensitivity to hot, cold or sweet foods may occur for 1–3 days after scaling. It will gradually reduce.



- ✓ **Slight bleeding is normal** while brushing or spitting for 1–3 days.
- ✓ **Gums may feel tender** or sore for a few days.
- ✓ **Bad breath may** reduce gradually.



3 DIET - IMPORTANT

- ✓ Eat soft, lukewarm and healthy food.
- ✓ Avoid very hot, cold, spicy or acidic food for 2–3 days.
- ✓ Avoid hard, sticky or crunchy food.
- ✓ Drink plenty of water.
- ✓ Avoid smoking and alcohol for at least 48 hours.



2 ORAL HYGIENE

- ✓ Brush gently with soft-bristle toothbrush twice daily.
- ✓ Use fluoride toothpaste for stronger teeth and healthy gums.
- ✓ Clean all tooth surfaces including along the gumline.
- ✓ Replace your toothbrush every 3 months.
- ✓ Use interdental brushes or dental floss daily.
- ✓ Rinse with an antimicrobial mouthwash if advised.



4 CONTACT THE DENTIST IF

- Severe or persistent pain develops.
- Swelling occurs.
- Bleeding is excessive or persistent.
- You notice pus discharge or a bad taste.
- A loose tooth feels different.
- Any other unusual or worrying symptoms.



Don't ignore, call your dentist for the right care.

5 HYGIENE REMINDERS



Brush twice daily for 2 minutes.



Clean between teeth daily.



Use mouthwash if advised.



Visit your dentist every 6 months for check-up & cleaning.

Good oral hygiene is the key to long-lasting results!



POST-SCALING CARE = HEALTHIER GUMS + A HEALTHIER SMILE



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DENTAL IMPLANT

— POST CARE GUIDE —

Care today, smile for a lifetime! ❤️

1 IMMEDIATELY AFTER IMPLANT



Bite gently on the gauze placed over the implant site for **30–45 minutes**.



A small amount of bleeding or oozing is normal. It will stop gradually.



Do **NOT** spit, rinse vigorously or use a straw for the first 24 hours.



Do not touch, press or play with the implant area.



Apply ice packs on the outside of the cheek for 10–15 minutes, with intervals.



Rest and take it easy!



2 FOOD & DRINK

- Once the numbness wears off, start with soft, lukewarm foods.
- Avoid hot, spicy, hard, crunchy or sticky foods for a few days.
- Chew on the opposite side of the implant.
- Avoid alcohol and smoking as they slow down healing.
- Drink plenty of water and stay hydrated.



3 ORAL HYGIENE



- Do not brush the implant site for the first 24 hours.
- After 24 hours, brush gently with a soft-bristle toothbrush.
- Use an antiseptic mouthwash as advised.
- Keep the area clean to prevent infection and ensure proper healing.



Good oral hygiene = Successful implant!

5 WHAT IS NORMAL?

- Mild pain or discomfort for a few days.
- Slight swelling or bruising around the implant site.
- Minor bleeding or oozing for the first day.
- Healing time varies from person to person.
- Osseointegration (bone healing) takes a few months for the implant to become strong.



*These are normal during healing.
Follow your dentist's instructions carefully.*

6 CONTACT THE DENTIST IF



- Severe or increasing pain after 2–3 days.
- Swelling that worsens after 2–3 days.
- Continuous bleeding or pus discharge.
- Loose implant or unusual movement.
- Fever, nausea or allergic reactions.
- Any other unusual symptoms or concerns.



Don't ignore, call your dentist for the right care.



7 IMPORTANT REMINDERS



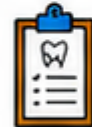
Attend all follow-up appointments for proper healing and successful results.



Keep your mouth clean to protect your implant.



Avoid smoking and tobacco – it affects healing.



Follow your dentist's instructions for a long-lasting implant.



Your care today ensures a healthy smile for years!



GOOD CARE TODAY = STRONG IMPLANT TOMORROW
WELL CARED IMPLANTS LAST FOR MANY YEARS!



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POST CARE FOR PEDIATRIC



ROOT CANAL

Healthy tooth, happy smile! ♥



1 IMMEDIATELY AFTER ROOT CANAL

- Mild discomfort is normal and may last for 1-2 days.
- Avoid chewing until the numbness wears off.
- If your child feels pain, give medicine as advised by the dentist.



Some sensitivity or discomfort can be normal. Symptoms that are severe, worsening or unexpected should be reported.

2 PROTECT THE TOOTH

- Do **NOT** chew hard, sticky or crunchy foods on the treated tooth.
- Avoid biting nails, pencils or hard objects.
- An RCT treated tooth can be fragile until the final restoration / crown is done as advised.



With proper care and final restoration, your child's tooth can last for many years!

3 ORAL HYGIENE



- Brush gently twice daily with a soft toothbrush.
- Clean all teeth, especially around the treated tooth.
- Use fluoride toothpaste (pea-sized amount).



Good brushing = Healthy smile!

4 DIET PREFER

- ✓ Soft, lukewarm foods
- ✓ Soups, yogurt, mashed vegetables
- ✓ Plenty of water



AVOID

- ✗ Hard, crunchy or sticky foods
- ✗ Excessive sugary snacks & drinks



5 MEDICATION



- Give pain reliever if prescribed.
- Complete the full course of antibiotics if prescribed.
- Do not stop medicines without the dentist's advice.

1 IMMEDIATELY AFTER FILLING

- Mild sensitivity to hot / cold or sweets may occur and is normal.
- Avoid chewing until the numbness wears off.
- If any discomfort occurs, give medicine as advised by the dentist.



Some sensitivity or discomfort can be normal. Symptoms that are severe, worsening or unexpected should be reported.

2 PROTECT THE FILLING

- Do **NOT** chew hard, sticky or crunchy foods on the filled tooth.
- Avoid biting nails, pens, pencils or hard objects.
- Inform the dentist if the filling feels high or bothersome.



With proper care, your filling will stay strong and protect the tooth for years!

3 ORAL HYGIENE



- Brush twice daily with a soft toothbrush.
- Clean the filled tooth gently.
- Floss daily to remove food particles between teeth.
- Use fluoride toothpaste (pea-sized amount).



Clean teeth = Healthy smile!

4 DIET PREFER

- ✓ Soft & balanced foods
- ✓ Fruits, vegetables
- ✓ Dairy products
- ✓ Plenty of water



AVOID

- ✗ Hard, crunchy or sticky foods
- ✗ Excessive sugary snacks & drinks



5 REGULAR CHECK-UPS



- Visit your dentist regularly to check the filling.
- Early check-ups help in keeping the tooth healthy and cavity-free.



6 IMPORTANT REMINDERS



Attend follow-up appointments as advised.



The final restoration / crown is important to protect the tooth.



A well-restored tooth stays strong and healthy!



Your child's healthy teeth today, brighter smile tomorrow!



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